



A BREATH OF Fresh Air

WITH TAPS OUTDOORS

Spring 2021 • Sowing Seeds



SEASON 2 | SPRING | SOWING SEEDS

EPISODE 2: MARCH 17 – MARCH 22

ACTIVITY: SOWING SEEDS OF PURPOSE

Season 2, Episode 2 – Sowing Seeds of Purpose:

After we experience the loss of a loved one, we grow to learn that our loss reaches far beyond the person no longer living alongside us. We've lost things like our sense of identity, our life plans, and our purpose. This episode on A Breath of Fresh Air, we dive into the many ways we can sow seeds of purpose in our lives. Finding "our purpose" takes time, exploration and grace.

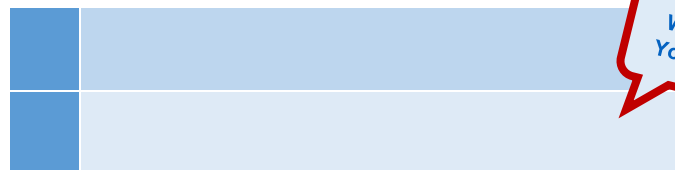
On the episode, we took an [awe walk](#) together as a way to invite curiosity and the tool of "noticing" into our lives. Below in your activity checklist are additional seeds we can plant in our garden of purpose.

We are only able to find our purpose when we are open to life and experiences. Our tools this week are focused on curiosity, goals and opening ourselves up now so that we may find our purpose along the way. We invite you to use the list below and [explore more ways](#) on your own you can cultivate purpose in your love.

YOUR SOWING SEEDS ACTIVITY CHECKLIST:

(Do at least one from the list or add some of your own!)

- | |
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| Take an awe walk and begin to notice the environment around you. |
| Go into nature and sit for 20-30 minutes. Notice the environment around you and write what you see, feel and experience. |
| Start seeds for your garden. This can be a window garden, porch garden or garden in your yard. Simply plan and begin actual seeds for future nourishment. |
| Plan time with a close friend, fellow survivor or family member to spend time together in nature. While together, share three things you notice in nature that reflect your passions. Explore the ways those things give you purpose. |



What's New in Season 2?:

Welcome back or welcome for the first time to A Breath of Fresh Air with TAPS Outdoors! Now in Season 2, we are welcoming a few changes. Same feel, improved content, more opportunities to connect:

1. [Subscribe to our emails](#) for content and Campfire Chat invitations
2. [Bi-weekly content](#) – new activity videos & guides every other Wednesday
3. [Bi-weekly Campfire Chats](#) – every other Monday night following our Wednesday content, we will gather around the campfire
4. [Extended video content on YouTube](#)

We'd love to hear about your experience this week! Remember, you can join us at our Campfire Chat on Monday, March 22 at 8 p.m. EST to share in discussion around this week's activity. You can also share your experience with us by taking a photo or video and sharing it on your social media platforms using [#TAPSOotdoors](#) or email us at expeditions@taps.org.

At TAPS we have resources that can meet you wherever you are in your journey with access to [local counseling services](#), peer outreach through our [Survivor Care Team](#), [education](#) and [casework services](#), and a wealth of [publications](#) and [more](#). We are available to you 24/7 through our Helpline at **1(800)959-8277**.

Join Us for Our Campfire Chat - Monday, March 22!

[CLICK HERE TO
SUBSCRIBE FOR
WEEKLY EMAILS!](#)

Join us on Monday, March 22 for our bi-weekly Campfire Chat at 8 p.m. EST! No other participation is required to join the Campfire Chat, so we encourage you and your fellow survivors register and join us every other Monday to connect around the campfire. [CLICK HERE](#) to receive your invitation to the Campfire Chat and get our weekly emails!

LEARN MORE AT [TAPS.ORG/OUTDOORS](https://taps.org/outdoors)

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